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Amendments to the Claims:

1.(cancelled)

2.(cancelled)

3.(previously amended) A bracket as claimed in claim 7 wherein the anchoring plate at the end distal the attachment plate has a generally planar U-shape to provide for two spaced apart anchoring structures located at a top and bottom of the anchoring plate.

4.(previously amended) A bracket as claimed in claim 3 wherein the concrete flow passage is a centrally located opening within each of the anchoring structures through which concrete can flow.

5.(original) A bracket as claimed in claim 4 wherein the opening is of a size to allow steel reinforcing bars placed in side-by-side relationship to pass therethrough.

6.(original) A bracket as claimed in claim 5 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

7.(currently amended) A bracket for use with a form of spaced apart insulation panels defining a cavity into which concrete is to be poured, the bracket being adapted for attaching and supporting a joist, the bracket comprising a unitary metal body having a rigidity and stiffness sufficient to support the load of a joist, the bracket having a rigid, planar attachment plate for location to the exterior of an insulation panel of the form to provide for a means of attaching a joist to the bracket, and a rigid, planar anchoring plate extending from the attaching plate for insertion into the cavity of the form and having at least one concrete flow passage therethrough to provide a continuity of concrete through the anchoring plate when concrete is poured into the form, the bracket being an L-shaped bracket with the attachment plate forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate to form the leg of the L wherein the attachment plate is provided with at least one extension wing extending perpendicularly from the anchoring plate to the opposing side of and in the same plane as the attachment plate to provide support to the exterior of the insulation panel.

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8.(previously amended) A method of attaching a header or rim joist to a concrete wall constructed using a form of insulation panels into which concrete is to be poured, the method comprising cutting a vertical slot in the exterior of the insulation panel, inserting a bracket into the slot, the bracket being a unitary metal body having a rigidity and stiffness sufficient to support the load of a joist, the bracket having an attachment plate located to the exterior surface of the insulation panel and an anchoring plate extending from the attachment plate through the slot into the interior of and part way across the form and having at least one concrete flow passage to provide a continuity of concrete through the anchoring plate for embedment within the concrete, pouring concrete into the form, allowing it to set, and attaching the joist to the brackets.

9.(original) A method as claimed in claim 8 wherein the bracket is an L-shaped bracket with the attachment plate forming the base of the L and the anchoring plate extending perpendicular from one edge of the attachment plate forming the leg of the L.

10.(previously amended) A method as claimed in claim 14 wherein the anchoring plate has a generally planar U-shape to provide for two anchoring structures located at the top and bottom of the anchoring plate.

11.(previously amended) A method as claimed in claim 10 wherein the concrete flow passage is a centrally located opening within each of the anchoring structures through which the concrete can flow.

12.(original) A method as claimed in claim 11 wherein the opening is of a size to allow two steel reinforcing bars placed in side-by-side relationship to pass therethrough.

13.(original) A method as claimed in claim 12 wherein the anchoring structures are provided with recesses along the top and bottom edges for supporting steel reinforcing bars.

14.(previously amended) A method as claimed in claim 9 wherein the attachment plate is provided with at least one extension wing extending perpendicularly from the anchoring plate

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to the opposing side of and in the same plane as the attachment plate for supporting the exterior of the insulation panel during the pouring of the concrete.

15.(previously presented) A bracket as claimed in 7 wherein the unitary metal body is formed from a 14 to 16 gauge steel sheet.

16.(previously presented) A method as claimed in claim 14 wherein the unitary metal body of the bracket is formed from a 14 to 16 gauge steel sheet.

17.(previously amended) A building structure comprising a concrete wall constructed using insulated forms, the concrete wall including a bracket having a header or rim joist attached thereto, the bracket comprising a an L-shaped bracket of a unitary metal body being of a rigidity and stiffness sufficient to support the load of a floor through the header or rim joist, the bracket having an attachment plate forming the base of the L overlying the exterior of the insulated form to which the header or rim joist is attached, and an anchoring plate extending perpendicular from one edge of the attachment plate forming the leg of the L and extending into the interior of the insulated form and embedded within the concrete therein, the anchoring plate having an anchoring structure embedded within the concrete, the anchoring structures including a concrete flow passage providing a continuity of concrete through the anchoring plate.

18.(previously presented) A building structure as claimed in 17 wherein the unitary metal body is formed from a 14 to 16 gauge steel sheet.

19.(previously presented) A building structure as claimed in claim 18 wherein the anchoring plate is generally U-shaped with two anchoring structures located at a top and bottom of the

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anchoring plate, each of the anchoring structures having a concrete flow passage comprising a centrally located opening through which the concrete passes.

20.(previously presented) A building structure as claimed in claim 19 wherein the each of the openings have steel reinforcing bars passing therethrough.